



ABREAST of the NEWS

DRAGONS ABREAST CANBERRA

PO Box 7191, Yarralumla ACT 2600

DRAGONSABREAST.COM.AU

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Deb Whitfield, Natalie Evans-Sandell, Kathy Hayes, BreastScreen ACT nurse counsellor and Katherine Davis Kralikas, Mother's Day Classic survivor start lap, Rond Terrace 8 May 2022 Image: Courtney Evans-Sandell

DA Canberra 2022 Social and Corporate Regatta 29 October 2022

The theme is ...CIRCUS!

Planning has commenced for our 2022 fundraising regatta with the theme of *CIRCUS*. Lots of fun to be had with this theme.

Thank you to **Jeannie Cotterell** for again leading the organising committee of **Karen Adams-Barker**, **Kerrie Gougeon**, **Kellie Nissen**, **Julie Kesby** and **Julie Chynoweth**.

More information, and what is required to make this a successful event, will be available to members at **GoAnna's Gathering** on **Sunday 26 June**.



Julie Chynoweth sweeping 13 April 2022 Image: Kerrie Griffin



Congratulations to Tony Croke for the [Council of the Ageing \(COTA\)](#) ACT winning seniors photograph, 2022 competition 3 May 2022 Image: Tony Croke

Coordinator's report

Our local regatta season has gone quickly and is finished. We are now in winter paddling mode which means it is compulsory to wear PFDs. It's also chillier mornings but getting out of bed extra early is worth it to see the morning glory on Lake Burley Griffin.

Our Wednesday lunchtime paddle sessions have commenced. Please arrive by 12.15pm for 12.30pm-1.30pm on the water. Our paddling sessions are held if numbers and weather conditions are suitable. Our sweep will make this call. A friendly reminder to send the sweep a message as well as indicate on the Schedule TeamApp if you can, or cannot, attend after the deadline (which is 6pm the day before to insert your name on the Schedule).

It's been wonderful to see more members coming back to paddling and having fun on the water while building our paddling muscles. Thanks to our coach **Donna Lennon** who ensures our paddling technique is correct to reduce possible injury.

New members

Welcome to our new members **Joanne Widdup**, **April Weiss**, **Helen Rowcliffe** and **Diane Wilkinson**. We hope they enjoy paddling and DA camaraderie

[Council of the Ageing ACT](#) photograph competition 3 May 2022

Congratulations to **Tony Croke** who shared his winning senior's photograph of DA Canberra: *I often see the paddlers out on the lake when I'm kayaking and took this last year near the Canberra Yacht Club.*



Canberra Day DB ACT paddle with hot air balloons, Tico the sloth novelty balloon 14 March 2022 *Image: Julie Kesby*



Bea Brickhill, Chief Marshall (fourth from left), Margaret and David Stevens and other volunteers, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



DA Canberra team, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



DA Canberra team, 500m 10s DB ACT Championships 20 March 2022 *Image: Kerrie Griffin*

DB ACT Championships

On 19 and 20 March, we participated in 16 races at the ACT Championships which included a 2km, 200m 10s and 20s on Saturday and on Sunday the 500m 10s and 20s.

What a great weekend was had with lots of racing. We didn't quite have a full 20s boat, but we still achieved good times.

Thanks to everyone who participated and to our coach **Donna Lennon** for her dedication to ensuring we were competitive on the water. Thanks to our sweeps for keeping us on the water and in our lanes.

Many, many thanks to our non paddling volunteers/officials and parking people who helped at all the regattas this season.



DA Canberra team, DB ACT Championships 20 March 2022 *Image: Kerrie Griffin*



Julie Chynoweth, Clare Purcell, Elly McGinness and Maureen Wild, DB ACT Championships 20 March 2022 *Image: Kerrie Griffin*



Wendy Ceravolo and Natalie Evans-Sandell on stand up paddle board (SUP) 20 March 2022 *Image: Kerrie Griffin*

Out of area regattas

Three of our paddlers – **Donna Lennon, Janet Olsen** and **Anne Baynes** participated in the **Mallacoota Mayhem** event on 14 May.

Flamin' Dragons Regatta in Wauchope Some 8 hardy paddlers participated on the 11-13 June long weekend in stunning weather.

Keep this event in mind – **Pink Paddle Power Regatta in Melbourne** on **3 December**.

[EOI TeamApp](#)

This event is for breast cancer survivors and supporters. Link here: [Pink Paddle Power 2022 | Dragon Boat Victoria Inc.](#)



DA Canberra team, Relay for Life, AIS 3 April 2022 *Image:* Cancer Council ACT

[Relay for Life 3 April](#)

Thank you to **Amanda Ferris** for organising the DA Canberra team at the AIS Track which was a very memorable day by all accounts.



DA Canberra, Mother's Day Classic 8 May 2022 *Image:* ABC News Tahlia Roy reporter

[Mother's Day Classic 25th anniversary 8 May](#)

DA Canberra enjoyed paddling and cheering on the walkers/ runners around Central Basin. Thank you to **Gillian Styles, Cathy Powell** and **Kathy Hayes** at the [BCNA stall](#) at Rond Place. #mdc2022
Congratulations to **Natalie Evans-Sandell's** team's fundraising of \$15,000 plus.

[Where your money goes - Mother's Day Classic Foundation](#)



DA Canberra, Mother's Day Classic 8 May 2022 *Image:* Rita Kelly



DA Canberra, Mother's Day Classic 8 May 2022 *Image:* Courtney Evans-Sandell

Swim and Water Safety Assessment

Our next swim and water safety assessment will be held at CISAC, Belconnen on **3 July**. It is strongly encouraged that all paddlers do this assessment on an annual basis.

The following is an excerpt from the current (2021) *AusDBF Safety Manual* in relation to swim tests.

'Dragon Boating is a water sport. Accidents on the water can lead to people drowning. To mitigate the risk of drowning, it is strongly recommended all people on the water in a dragon boat are able to swim confidently **100m in paddling clothing (shirt, shorts, enclosed shoes as a minimum)** and tread water in the same clothes for a minimum of 10 minutes without support. Any person who cannot satisfy these requirements must wear a lifejacket or a PFD.'

We are privileged that our member **Anita Godley** is a qualified swim and water safety officer and undertakes our sessions in a safe environment even for the most nervous of participants.

Gillian Styles, ACT Flagbearer, AusChamps

Congratulations to **Gillian Styles** who was the ACT flagbearer on 7 April in Adelaide. It was a well-deserved honour.

Gillian also served as Chief Official and participated in the state medals presentation.

Thank you to the DB ACT officials who gave generously of their time and experience: **Gillian Styles, Sue Pidgeon, Deb Whitfield, Heather Walsh, Lynnette Flanagan** and **Susan Pitt**.



Susan Roraff, Jeannie Cotterell and Katherine Davis Kralikas
13 April 2022 Image: Kerrie Griffin

Farewell to Susan Roraff

Sadly, we farewelled Susan Roraff as she and her family head back to Chile via the USA. Susan joined DA in mid-2018 and brought with her, her lovely smile and eagerness to assist wherever possible. In 2019, Susan joined the DA Canberra Committee. I remember Susan saying she didn't know much but would contribute where she could. Susan's contribution was highly valued. Susan and Patricio opened up their home to us twice for our DA Christmas party which was very much appreciated. Many thanks to Susan, as she is taking back to Chile quite a number of our old wooden paddles. Susan will distribute these to dragon boat clubs. It's great to know they will be well utilised.

Susan will be very much missed and we would like to wish her all the very best as her next chapter of her life unfolds. You have made lifelong friends in Canberra.



Susan Roraff, farewell afternoon tea kindly hosted by Julie Chynoweth 30 April 2022 Image: Kerrie Griffin



Julie Chynoweth, Donna Lennon presented the Coaching Award to Natalie Evans-Sandell 30 April 2022 Image: Kerrie Griffin

Narelle Powers Coaching Award

Our coach **Donna Lennon**, presented the [Coaching Award](#) to **Natalie Evans-Sandell**, celebrating her achievement of her Level 3 Sweep Accreditation.

'To gain sweep accreditation is a unique feat in the world of dragon boating. There is much to learn, practice and finesse along the way. It is truly an 'on-the-job' scenario that requires personal commitment and development, the building of new connections and relationships with the team and formal accreditation to seal the deal.'

It's been another year on and off the water where it has been difficult to maintain individual focus at times. However, Natalie did not lose hers, ultimately attaining exactly what she wanted, with a plan in mind, and demonstrating perseverance and determination throughout. The very nature of learning something completely different and new in order to achieve accreditation goes to the heart of Narelle's criteria as being 'highly coachable'. Well done!

Without taking a single thing away from Natalie's achievements, the support of the Dragons Abreast Canberra sweeps is also to be celebrated and acknowledged.'

[DAA update](#)

- DAA now has an agreement with **YWCA Encore** and the **McGrath Foundation**
- An all member Zoom session was held 8 June. Guest speaker, **Rose Glassock**, talked about social connection
- A **National Paddle Daze** on 8 and 9 October 2022 to promote the fun of paddling is being organised.

<https://dragonsabreast.com.au/about/meet-the-team/>



Gillian Styles (white bib), Chief Official, and other admin volunteers, and volunteers, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



Timekeepers in action, Joan White (fourth from left) DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



DA Canberra team and the pink Singapore paddle sling, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



Wendy Ceravolo and Julie Chynoweth, Chinese Dragon Boat Festival 4 June 2022 *Image: Julie Chynoweth*



Denise Brown, Susan Pitt, Gillian Styles, Donna Lennon and Elly McGinness, DB ACT Championships 20 March 2022 *Image: Kerrie Griffin*

Chinese Dragon Boat Festival 4 June

Thank you DB ACT for organising a paddling demonstration. Two boats raced in Lotus Bay putting on a good show for the crowd in chilly conditions. See [ABC TV NEWS](#)



DA Canberra team, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*



Julie Chynoweth, Betsy Dixon and Jeannie Cotterell, DB ACT Championships 19 March 2022 *Image: Kerrie Griffin*

[Women in dragon boating](#)

Check out *The Owl*, UC, by Maddi Green who paddles with the Hydra dragon boat club: <https://theowluc.com/story/women-in-dragon-boating/>



Joan White and DA members, Pygmalion 4 June 2022 Image: Graeme Couper Logan

Joan White, Pygmalion 4 June

Congratulations to **Joan White** who performed with the Tempo cast brilliantly in George Bernard Shaw's comedy *Pygmalion (My fair lady)*. DA members enjoyed the performance and dinner afterwards. Thank you to the DA Social Committee for organising it as well as the DA dinner on 5 May.



Gillian Styles, ACT flagbearer, AusChamps 7 April 2022 Image: courtesy Gillian Styles



[Dragons Abreast Melbourne Pink Phoenix](#) is at [Docklands, Melbourne](#).

Congratulations and good luck to [Dragons Abreast Melbourne Pink Phoenix](#) a brand new dragon boat club for breast cancer survivors.

'What do you think of our beautiful logo? We love it- especially as it was designed by our very own team members* as a symbol of strength, hope and beauty for survivors of breast cancer.

The phoenix rising is an incredibly powerful image for cancer survivors, recognising both the destruction and the resurrection of health. The paddles represent the reason for our rebirth. Every stroke of the paddle takes us further from diagnosis, moving us forward to a happy healthy future.

If you look closely you'll also see a nod to our hometown with fiery wings that wouldn't look out of place on the walls of Hosier Lane Melbourne.'

*Artwork by the multitalented [Linda Papworth](#).

New members include our **Susan Pitt** and **Romy Collier**, DA Canberra members.

Grevillea Park Dragon Boat Facility update

[What we heard report](#) from online ACT Government survey is now available.

As one of Canberra's largest water-based sports, and an increasingly popular activity for women and people of all ages, this new dragon boat facility will support growth opportunities for the sport.

The new facility will include:

- new boat storage
- clubhouse facilities
- a training room
- event administration
- change rooms.

The facility will allow DB ACT to continue to run its regattas at Grevillea Park and it will help to further activate Lake Burley Griffin's East Basin.

[Nick is utilising his fly fishing skills for breast cancer recovery](#)

Congratulations from DA Canberra to Nick on all your work for [Casting for Recovery](#).

Nick Van Weelden has always loved fly fishing.

After finding out about an overseas program set up by a reconstructive surgeon that utilised fly fishing to help those recovering from breast cancer, Nick brought Casting for Recovery to Canberra.

[ABC Radio Canberra's Lish Fejer](#) chatted with Nick, and found out about the Community Spirit Award finalist.



Janet Olsen taking a sunrise image, Canberra Balloon Spectacular 15 March 2022 *Image: Kerrie Griffin*

Merchandise

If you would like to purchase any merchandise, please contact: **Kathy Hayes**
hayes.spain@gmail.com Please pay online.

Dragons Abreast clothing and equipment pool

If you would like to donate or recycle any dragon boating and/or Dragons Abreast items please contact: **Clare Purcell** clare@cqpurcell.com

TeamApp

Thanks to our 'tech heads' **Donna Lennon** and **Anita Godley** who continue to look at ways to overcome any issues that sometimes arise.

DA Canberra Facebook and website

To ensure you keep abreast of all our news, please join us. Many thanks to **Julie Kesby** for updates.

Website <https://www.revolutionise.com.au/dacanberra/>
Facebook <https://www.facebook.com/DragonsAbreastCanberra/>
DAA website <https://www.dragonsabreast.com.au/>
DAA Facebook https://www.facebook.com/search/top/?q=dragons%20abreast%20australia&epa=SEARCH_BOX
DB ACT website <http://www.dbact.com.au/home/>

[2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand - Posts | Facebook](#)

<https://www.ibcpc.com/worldwide-teams>

There are more than 250 IBCPC member teams from more than 32 different countries.

<https://www.ibcpc.com/keepingabreast-june-2022>

Julie Chynoweth, Coordinator

Dragons Abreast Canberra

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Dragons Abreast Australia

Philosophy: *Awareness, Participation, Inclusiveness*
Connect. Move. Live.

Encourage wellness, fitness, fun and camaraderie for breast cancer survivors through the sport of dragon boating and promote breast cancer awareness throughout our community.

[Fernwood Belconnen](#) Thank you for your support of DA Canberra.



Fiona Maguire, Canberra Balloon Spectacular 12 March 2022 *Image: Kerrie Griffin*



[2023 IBCPC Participatory Dragon Boat Festival, Lake Karapiro, New Zealand - Posts | Facebook](#)

[IBCPC Participatory Dragon Boat Festival NZ](#)

Monday 10 - Sunday 16 April 2023

New Zealand update

A reminder to all those travelling to New Zealand. The next payment is due on **1 July 2022**. This is for the third accommodation installment.

I sent all members of the travelling party individual emails on 30 March 2021 with the updated payment plans. Please refer to these for the amount owed.

Here is the link to the latest [NZ bulletin](#).

<https://www.newzealandbcs2023.com/post/come-on-in-the-doors-are-open>

Keep an eye out for the next member update.

Clare Purcell clare@cqpurcell.com

<https://www.newzealandbcs2023.com/post/festival-2023-bulletin-5>

[Dragons Abreast Australia's National Ambassador, Dr Kellie Toohey has devised a fantastic at home work out that anyone can do!](#)

<https://youtu.be/kWXi6L5GHlo>

JPX2 now has paddling pants in stock!

Available in S, M and L. Non-Slip Cushioned Paddling Pants - Capri Length <https://jpx2.com.au/>



Dragons Abreast Canberra, Flamin' Dragons Regatta, Wauchope 11 June 2022 Image: Greg Purcell



Capital Dragons, composite team including DA Canberra, DA Sydney and South West Rocks, Flamin' Dragons Regatta, Wauchope 11 June 2022 Image: Greg Purcell

Coaches' corner

Well, it's all about the weather! Even if you love winter (I do), it's a bit much when it interferes with our paddling.

It's also a good reminder to keep fit 'off the water' with all the activities you might have done in lockdown. Take care of the niggling injuries and keep yourself 'paddle ready' as far as possible.

Our first **Pinkscapades** was good fun with loads of glitter, giggles and shenanigans! The teams had a couple of tasks: identifying objects from a small image and taking photos of themselves with birds, dogs or ducks (there were some 'old birds' selfies). The on water challenge was for **Jeannie Cotterell** to do a loop using only the paddlers (no sweep oar) and to finish where we started; **Megan Davis, Amanda Ferris, Clare Purcell** and **Anne Baynes** then had a go minus the sweep oar *and* Jeannie's instructions. We laughed a lot, did some exemplary circle work and got there in the end. Thanks to all for making it fun!

Anne Baynes, Janet Olsen and **I** participated in **Mallacoota Mayhem** which was on and off water games and activities in the beautiful waterways. Check out Janet's article; it was a great day (and night) out with the Merimbula and Nature Coast teams.

Flamin' Dragons Regatta: 8 paddlers went to Wauchope to participate in the Port Macquarie



Back: Che Mortimer, Joanne Widdup, Julie Kesby, Clare Purcell, Natalie Evans-Sandell
Front: Wendy's mum Shirley and Wendy Ceravolo, Ely McGinness and Donna Lennon, Bago Tavern, Wauchope 10 June 2022 Image: Greg Purcell

hosted regatta. We teamed up with **South West Rocks** (2km) and **Dragons Abreast Sydney** (200m) as well as other BCSs from local teams including **Julie Kesby's** mum **Janet Kesby**. We had a fantastic time.

Other events to keep in mind:

Pinkscapades: 9 July see [TeamApp](#)

Swim and Water Safety Assessment: if you haven't done this yet please put your name down for 3 July. **Anita Godley** does a fabulous job coordinating these and they're so important for testing yourself, and the team, for that 'just in case' scenario. It's a safe environment with plenty of time and support to ensure we are all aware of safety drills.

Watch the [TeamApp](#) for comments linked to each training session for any warnings, advice or cancellations. Watch here for future editions of the *Coaches' corner*.

<https://www.revolutionise.com.au/dacanberra/>

Stay safe and winter well everyone.

Donna Lennon



Clare Purcell tries drumming, Mother's Day Classic 8 May 2022 Image: Julie Kesby



DA Canberra team, Relay for Life, AIS 3 April 2022 *Image:* Cancer Council ACT

Relay for Life 3 April

Some 11 Dragons Abreast Canberra members participated in the 2022 Relay for Life. Due to COVID-19, the relay was held from 10.30am to 7.30pm. As a team, we raised \$2519 including \$310 from our soap fundraiser. A huge thankyou to everyone who donated and/or bought soap.

The day started with the **Survivors' lap** in beautiful weather. As the day went along we had sunshine, wind and rain. In true Dragon fashion, this did not stop us from walking and ensuring our baton, a little red dragon, was on the track the whole time. Some Dragons came and stayed the whole day, others came for half a day. We couldn't have done it without everyone. A few members were unsure and said how they weren't 100% certain they could walk many laps and then surprised everyone by walking more than 10km. Everyone did an amazing job! We all enjoyed the assortment of food available including arancini balls and egg and bacon rolls. The whole team thoroughly enjoyed the freshly made donuts for a late afternoon snack as we walked. The day ended with a **Remembrance service** where we lit our candles and placed them around the edge of the track. A wonderful enthusiastic team made for a very successful day. A huge thank you to everyone who participated.

Amanda Ferris



Jeannie Cotterell, Che Mortimer with red dragon baton, and Amanda Ferris, DA Canberra team Relay for Life, AIS 3 April 2022 *Image:* Cancer Council ACT



Julie Kesby and Angela Spencer, DA Canberra team, Relay for Life, AIS 3 April 2022 *Image:* Cancer Council ACT

How many miles?

Great team work from Dragons Abreast Canberra members at Canberra's **Relay for life** event for 2022. Plenty of team spirit in completing our laps, chatting with team mates and volunteers, sharing the emotional candle tribute, and trying out our best Zumba moves. How many miles did we sing about on our last lap...

Thanks to our team captain **Amanda Ferris** and to all the support through donations and supportive messages. Rest up team. *GoAnna!* [#RelayACT](#)
Julie Kesby



Clare Purcell and Fiona Maguire, DA Canberra team, Relay for Life, AIS 3 April 2022 *Image:* Cancer Council ACT



Susan Roraff with sweep oar 13 April 2022 *Image: Kerrie Griffin*

Time for new adventures

Four years ago, I was a recent arrival in Australia, looking to create a new home for my family and myself. I had heard about dragon boating, but had never had the time nor the opportunity to give it a go, so I was excited to find the Dragons Abreast team. I was a bit intimidated and not sure I could do it, but as I get older, I'm much more willing to try anything once. After my Come and Try session, I pushed myself to keep going, especially as the days cooled and my body ached. Yet, I was thrilled by the challenge. Why couldn't I do this? One good thing about moving around the world is the ability to reinvent myself. In Canberra, I decided to become something I had never been...athletic.

I was first diagnosed with breast cancer in 2010 and life pretty much went back to normal after my surgery. A second diagnosis also didn't have much of an effect. However, the third diagnosis and a mastectomy in 2017, just a few months before my arrival in Australia, really threw me for a loop. Recovery from the surgery was long and slow and I knew my body would never be the same. So, when I started looking for activities, I found myself signing up for walking groups, yoga classes and dragon boating. I started to improve my fitness while having fun. As I slowly got the hang of paddling, I was overjoyed when I realised that for first time I didn't have to pull in. And when Deb made us do 1000 strokes without stopping, I was so proud of my achievement that I couldn't stop grinning.

I've continued with my 'I'll try anything once' motto and in March I did **Casting for Recovery**. This 3-day retreat was exhausting but it was so great to once again challenge my mind and body with a new activity. The [Fly Fishers of the ACT](#) could not have been more friendly or caring and we were treated like queens. On Friday evening, we met the other participants and just enjoyed ourselves. On Saturday, we were up early to meet our buddies and learn the basics of fly fishing.



Susan Roraff with a black swan farewell on Lake Burley Griffin 23 April 2022 *Image: Deb Whitfield*

Just like paddling, you have to think about how your entire body moves and focus on timing. On Sunday, we put all that training into practice and fish at a beautiful spot in NSW. Many of us caught fish, which was a huge thrill. Then we said our good byes and went home to rest.

More important than my increased overall fitness level are the incredible women I have met on this team. Your support and friendship have been the most precious part of my time here in Canberra and I will take wonderful memories with me. Each of your stories has inspired me and brought me comfort. You are proof that life is to be lived each day. So, thank you for the many laughs, your belief in me as a teammate, your valuable insights, the social paddles and games, **Marion Leiba's** poetry, the Christmas parties, the picnics and for showing me the real Australia. I am sad to leave, but the fact that this has been such a positive experience will encourage me to continue to seek out new friends and opportunities.

Thank you to **Julie Chynoweth** who hosted a DA farewell afternoon tea for me and for everyone's good wishes for the future.

I wish you all the best and hope our paths cross again somewhere in the world. You are always welcome, wherever I am.

Mi casa es su casa.

Susan Roraff



DA with Susan Roraff, farewell afternoon tea 24 April 2022
Image: Kerrie Griffin



Jenny Milward-Bason, Susan Roraff and Lydall Milward-Bason, social distancing, farewell afternoon tea 24 April 2022
Image: Kerrie Griffin



Janet Olsen in control of the GoPro for drumming, Day 1 ACT Championships 19 March 2022
Image: Kerrie Griffin



Sugar Masangcay jumping for joy and Joanne Widdup Day 1 ACT Championships 19 March 2022
Image: Kerrie Griffin

Day 1 ACT Championships 19 March 2022

Back story, I am not one who likes to compete and I am not athletic but I love to be active. I took the challenge to race the 2km (which I don't usually do, but had a taste of it the last time, so, why not again?). This was a long race for me, considering, I worry about how my body will fare if I used up all my energy today. (I was in for about four races, at least for the short ones).

Usually when I paddle, I pull-in as often as I can, so that I can rest and not hurt myself. Lately, I have been feeling good about my body and I believed I could keep going, so I pushed myself and didn't give in to exhaustion. A screaming thought came to my head. 'F*ck Cancer! That made me do this!'

I realised, as I recall, I never got mad or angry for having breast cancer a few years ago. I just made peace with what I was given, and got on with the treatments and made sure to come out on the other side, ALIVE. I did and I am. (Don't get me wrong, no one deserves to get cancer, but this happens.)

I am just lucky, through my cancer journey, I met Dragons Abreast Canberra. I am truly blessed. Amidst the hardships of going through such ordeal, so many good things have come out of it. God is always good. I gained a lot, not just weight but meaningful friendships [old and new], new skills, deeper relationships and a new sense of self. Now, can say I am an athlete?

It may have taken a long time for me to process what is life after cancer but I learned not to rush. Progress and beauty takes time. As I was working hard paddling while still in the race (yes, it was long enough for reflection time) I felt grateful. I WAS THERE, and when we got to the finish. I surprised myself with overwhelming joy knowing I am physically strong again. Tears flooded my eyes. I was really happy. I feel alive. Thank you Lord, for the gift of life and all that you've blessed me with.



Clare Smyth and April Weiss, ACT Championships 19 March 2022 *Image: Kerrie Griffin*

I am grateful to Dragons Abreast for all the support and friendships (and patience too). I feel very honoured to be with such amazing people and an inspiration too.

This was my happy jump after surviving the first race, and I was pumped to do more! (at least for the day) I was extra happy to have my good friend **Joanne Widdup**, who recently joined the team and went on her first regatta. It was a beautiful day indeed. Good luck DA for the second day of the Championships, we're already champions! More power to you all.

Sugar Masangcay

You have such a way with words **Sugar**. Congratulations on competing in the Regatta, you were awesome. Sleep well as we do it again tomorrow. So lovely to have **Joanne**. Breast cancer not all bad. I've met so many amazing people including you.

Kathy Hayes

Great to have both you **Sugar** and **Joanne** paddle with our team at the regatta. Glad to hear of the many blessings paddling has already given you. There are many more to come, as well as many more happy jumps.

Julie Kesby



Kate Reid 13 April 2022 *Image: Kerrie Griffin*



Kate Reid and Gigi Lungu 13 April 2022 *Image: Kerrie Griffin*

From valley views to the stunning lake

I heard about dragon boating many years ago when a colleague mentioned that she'd joined a crew. I imagined fierce competition and strenuous training sessions along with images of dragon heads speeding around Lake Burley Griffin. Well, I was mistaken — dragon heads, yes — I've seen a few but only at regattas but the Come and Try session I went to in January 2022 revealed a culture I wanted to be part of — friendly, strong women who have a zest for life and a club that offers chatty social paddles as well as more strenuous training paddles. The options for paddling fit well with my retired lifestyle and I've always loved meeting new people.

I'm surprised and delighted about how good it feels to be on the water. It is the motivator for driving from our farm in the 'deep south' of the ACT to Grevillia Park for joining the crew for an early morning, lunchtime or evening paddle. Just like where we live in the Naas Valley, the lake has moods — it can be calm and soothing and it can also be boisterous and choppy. I admire the adventurous spirit of the women — even when the skies open up and drench us while we're in the middle of the lake, the crew relishes the differences in the weather and laughs out loud.

Being retired means I've got time to stay active — on the water, at the gym, in the garden and on the farm. Our priorities for the farm are to give our cattle a happy life, reduce erosion along the water courses, control weeds and revegetate cleared land. Being retired also means I can continue voluntary work and who knows — maybe one day I'll be brave enough to give a regatta a go.

Kate Reid



Anne Baynes and Janet Olsen Mallacoota madnness 14 May 2022 *Image:* Janet Olsen

Mallacoota madnness 14 May

Donna Lennon, Anne Baynes and I started out on our road trip to Mallacoota on Friday morning, 13 May. Donna very kindly chauffeured Anne and I. Of course, there was lots of chatter on the way, a stop in Bombala for some lunch and then onto our destination.

On our arrival into Mallacoota, we easily found our very comfortable accommodation. Check in was from 3.00pm. We pulled up in the driveway at 3.01pm. Coincidentally, we were welcomed by Geckos!

After a restful night, the day of mayhem arrived. We found the boat launch without too much trouble — we just had to look out for dragon boats and people dressed as Punks or Hippies Teams which participated were: the Merimbula Water Dragons, the Nature Coast Dragon Boat Club Moruya and DA Canberra.

After introductions, and a safety briefing, the teams loaded the boats and we set off for Karbeethong on Mallacoota Lakes, where most of the activities happened. Morning tea, and a beaut lunch were provided for the teams. The Mallacoota Sea Eagles also joined us for morning tea.

There was a good mix of on water and on land activities. Team scores were kept for each activity. Activities included: Gumboot Throwing, Flipper relays, Sweep 360 and Tug of War. A lot of fun, laughter and good banter was had by all.

Following our return paddle to Mallacoota foreshore, we fell into our car and returned to our accommodation to rest and dress in normal attire to join our team mates for dinner at the Mallacoota pub. During dinner, raffle tickets were sold, raffles drawn, prizes awarded to the winning team. Donna did us proud by winning a prize for answering a question correctly.



Anne Baynes, Janet Olsen and Donna Lennon, Mallacoota madnness 14 May 2022 *Image:* Janet Olsen

It really was a great event and very well organised by the Merimbula Water Dragons. We thoroughly recommend attending one of the regattas. Donna, Anne and I hope to return for the 10th anniversary paddle in 2024.

Janet Olsen

[Merimbula Water Dragons Inc](#)

Mallacoota never fails to please, beautiful clear water, fresh air and Dragon boats. Hippies and Punks where everywhere, Mallacoota Sea Eagles joined us for morning tea, we had Gumboot Throwing, Flipper relays, Sweep 360 and Tug of War, lots of food, laughter and fun. We will be back next year! Check out the hyperlink [Video](https://www.facebook.com/merimbulawd/videos/398497005484807)



Helen Rowcliffe and Diane Wilkinson, 17 May 2022 *Image:* Jeannie Cotterell



Map of Watersports App tracker of paddling circuit in Gecko 17 May 2022 Image: Jeannie Cotterell



Warm up and training times

Saturday morning:

Extra effort : 7.15 – 8.00am

Saturday morning: 8.00 – 9.30am

Wednesday lunchtime: 12.15 – 1.30pm

Contact: [TeamApp](#)
Kellie Nissen kellie@justrightwords.com.au

Some great paddling technique tips:

http://www.youtube.com/watch?v=j7IRbj3K8c4&feature=player_embedded

Remember water, hat, sunscreen and sunglasses!

Weather watch

<http://www.canberrayachtclub.com.au>

<http://www.eldersweather.com.au/act/act/canberra>



Clare Purcell being interviewed for a video shoot for a new BreastScreen Australia promotion to increase breast screening 27 April 2022 Image: Greg Purcell

Under the pink umbrella



Breast Cancer Network Australia

The Beacon Issue 91, June 2022 | View online

https://www.bcna.org.au/media/8559/beacon_edm_cover_inside_june.png



BCNA PINK LADY MATCH ANNOUNCEMENT!

This year's Pink Lady Match blockbuster between [Melbourne Football Club](#) and the [Brisbane Lions](#) will be played on Thursday 23 June at the [Melbourne Cricket Ground \(MCG\)](#). Match time is 7.20pm. Powered by [Red Energy](#), we will be lighting Melbourne pink and showing support for all Australians affected by breast cancer. Tickets go on sale via [Ticketek Australia](#).

If you are interested in sitting in the **Pink Lady Bay** for this match please register your details here: <https://bit.ly/PinkLadyMatchRegistration> [#BCNAPinkLady](#)

[Bakers Delight](#) 25 May 2022

Thank you for helping us be the voice for [Breast Cancer Network Australia](#) With your help, we're proud to announce that we've raised \$1.4 million (and still counting!) for BCNA

Women in Super and the Mother's Day Classic

Breast cancer is the most commonly diagnosed cancer in Australia and sadly, **8 Australians die from it every single day**. Together we can improve the lives of the **55 Australians diagnosed with breast cancer each day** – now and in the future. In the 24-year history of the Mother's Day Classic, almost \$40 million has been donated to fund game-changing breast cancer research.

NBCF tracking progress to zero deaths from breast cancer by 2030

[READ THE FULL REPORT CARD](#)

Cancer Australia's [Cancer Won't Wait campaign](#) stresses the importance of people seeing their doctor about any symptoms or health issues they have noticed.



Gillian Styles and Cathy Powell, BCNA Stall, Mother's Day Classic 8 May 2022 Image: Gillian Styles #mothersdayclassic



Deb Whitfield and Natalie Evans-Sandell Mother's Day Classic 8 May 2022 Image: Courtney Evans-Sandell #mothersdayclassic

Mother's Day Classic 25th anniversary

The Mother's Day Classic is a research fundraising event for the National Breast Cancer Foundation.

As in past years, the Canberra community entered into the spirit of the day and the participants came dressed in all shades of pink and all styles of dress. Numbers were a little lower than at previous events but the sun was shining for us.

Cathy Powell and I, representing **Breast Cancer Network Australia**, with support of the staff from **BreastScreen ACT**, set up an information booth to display information and flyers about the support groups available in Canberra. These organisations had information on the stall: BCNA, BreastScreen, Dragons Abreast, Heads Up, Colleens, Bosom Buddies ACT and the Otis Foundation.

This year's venue layout changed and I feel there was not quite the same village atmosphere as in previous years. We did not have as much interest in our stall as in the past. But we must be grateful that post COVID-19 such events can happen again.

We enjoyed watching the interactions within families and groups as they prepared and recovered from their run/walk around the lake. We are lucky to have such a perfect setting for this event and we know the presence of the dragon boats on the lake is considered an added bonus for participants.

Gillian Styles, BCNA Consumer Liaison



Thank you to **Sugar Masangcay** for sharing her story to promote the **Mother's Day Classic** in the [City News](https://citynews.com.au/category/digital-edition/) 28 April 2022. Sugar also participated with her family in the Mother's Day Classic. <https://citynews.com.au/category/digital-edition/>





Female inventors: Dr Chaturica Athukorala

[by Aurabox](#)

HerCanberra spoke with [Aurabox](#) CEO and co-founder **Dr Chaturica Athukorala** to find out what makes her so passionate and determined to make a difference in the medical imaging industry. Read the full story at [HerCanberra.https://aurabox.cloud](https://aurabox.cloud)

When radiologist **Dr Chaturica Athukorala** of [Aurabox](#) watched a close friend struggle with a breast cancer diagnosis, she knew something in her industry had to change.

As she watched her friend obtain medical imaging at three different radiology practices over three weeks — carrying all the medical imaging on multiple USBs just so the doctors could see the results — Chaturica decided to do something to make life easier for patients.

One of my frustrations as a radiologist is there are different private imaging practices and different public imaging practices...and all of their computer systems don't talk to each other," she explains.

Watching my friend, she was grappling with the fact she had cancer. She shouldn't have also been stressed about where her images were and if her doctors could access them.

I think it is very important for patients to be a part of their care team but a big responsibility like that shouldn't be on them when they're going through such a terrible time.

<https://aurabox.cloud>

[Australian hospitals postpone screening tests as world grapples with shortage of imaging dyes](#)

Australian Medical Association backs delay of non-urgent tests but says supply issues highlight need for national stockpile of critical medical supplies



Gillian Horton, Director Colleen's Lingerie & Swimwear

Colleen's June sale

In March Colleen's launched a new post surgery fashion lingerie range called [Megami](#) Gillian has been [searching for many years](#) for a range which offers more choice for women after breast surgery. She has brought Megami to Australia. It is certainly changing lives as women experience how this lingerie helps emotionally even 20 years post surgery.

Colleen's is still collecting your **second hand breast prosthesis and gently loved mastectomy bras** for the women of **Fiji**. All donations are greatly appreciated and can be dropped off at our store in Garran.

Our **EOFY sale is on in June** — a great time to buy swimwear and bras and help us make room for new styles arriving soon. www.colleens.com.au

Thank you so much for your continued support of Colleen's and for all your referrals — we greatly appreciate it.

Gillian Horton, Colleen's Lingerie and Swimwear

22 Garran Place, Garran. 2605 | T: 02 6285 1311 | E: info@colleens.com.au

Monday, Tuesday, Thursday and Friday 9.30am to 4.30pm, Wed 9.30am to 5.30pm

Appointments can be made via the website. Online shopping.www.colleens.com.au

<https://www.colleens.com.au/page/support-the-girls/>



Managing long-term side effects of breast cancer treatment webcast available here: <https://kapara.rdbk.com.au/landers/73f44c.html>



[Welcome to our new 10-part podcast series, Upfront About Breast Cancer – What You Don't Know Until You Do, with Dr Charlotte Tottman.](#)

BCNA have a wide range of free digital resources available covering a variety of topics.

From our detailed digital conferences that share insights from health professionals, trusted advisors, and those with a lived experience.

To our one hour on-demand webcasts that provide access to helpful, up-to-date information.

[Upfront About Breast Cancer podcast](#), which provides raw, real, and honest stories from those who have had their own breast cancer experience as well as providing access to the latest information from healthcare professionals and experts. Listen or view at your convenience at any time! Check out our large library of free digital resources here: <https://buff.ly/3JFyxhh>



BCNA held an **Ask The Expert** webcast with Medical Oncologist **Nick Zdenkowski** about [triple negative breast cancer](#). Access the recording on-demand here: <https://buff.ly/3I5LqJZ>



[Ask the Expert: Managing cognitive changes related to breast cancer treatments with Jo Lewis](#)

BCNA resources

- Sign up to [My Journey](#) to further access all the latest information about your breast cancer diagnosis. Featuring hundreds of articles, videos, podcasts, webcasts and digital tools that empower people with breast cancer to make the best decisions about their treatment and care and manage their breast cancer experience.
- Visit our [Online Network](#) to connect with people going through a similar experience.
- To help us continue to develop podcasts that are relevant to our members and their breast cancer diagnosis, we ask for your feedback via our [online survey](#).



You can find information and further resources on BCNA's My Journey here: <https://bit.ly/3HBho7U>

Contact BCNA's helpline on 1800 500 258.



Missed our Q&A on the topic of [breast cancer recurrence](#)? Here's a link to watch the recording of this fantastic discussion on a very important topic.

Thanks to our wonderful panel of speakers for their thoughtful insights and advice.

We hope you enjoyed this informative session. Stay tuned for details of our next free and online Q&A in the not too distant future!

<https://bit.ly/3McBCXX>

<https://www.youtube.com/watch?v=4d8EWaRSonM>

[Breast Cancer Trials](#)

We want to ensure that every person has access to information about clinical trials, so we've translated our resources into several different languages.

Find out more about the benefits of participating in clinical trials research and how you can help researchers find new and better treatments for breast cancer. Visit our website to download our free brochures.

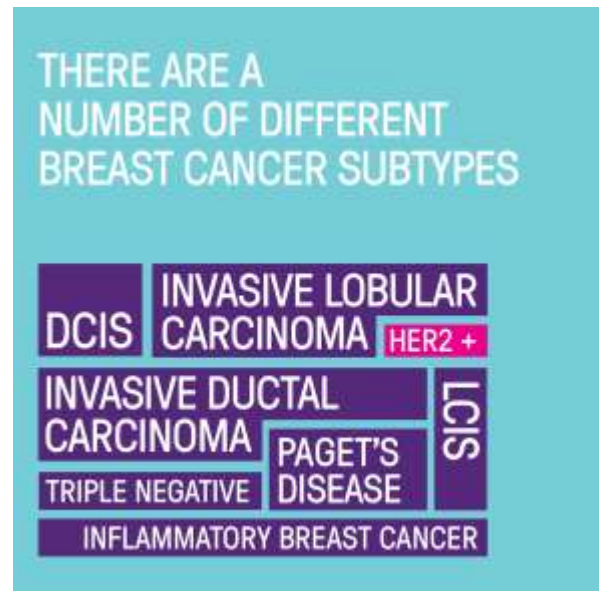
<https://www.breastcancertrials.org.au/brochures>

[IMPACT](#)

Want to stay up to date with breast cancer clinical trials research? IMPACT is open to anyone who has an interest in our research and membership is free. IMPACT aims to recognise the important contributions made by women to breast cancer clinical trials, and provide members with reliable, up to date information about breast cancer clinical trials and research.

Join IMPACT and be the first to receive invitations to online events, newsletters and research updates:

<https://www.breastcancertrials.org.au/join-impact>



Did you know that breast cancer is not just one disease?

There are many different types of breast cancer, each requiring a specific and personalised treatment. Without clinical trials, there could be no new treatments for breast cancer. Clinical trials are necessary to find out if new treatments are more effective than those currently accepted as the best available standard of care.

While survival rates have improved for this disease, particularly over the last 20 years, we still have a long way to go before everyone has a treatment or prevention strategy that is suitable for their unique circumstances. We won't give up. To learn more about the different types of breast cancer, visit:

<https://www.breastcancertrials.org.au/types-of-breast.../>



Younger Women's Cancer Support Group

It's a reality that cancer affects many younger women under 50. Whether they are single or have young families, their challenges are unique such as reduced fertility, dealing with different issues relating to their sexuality and physical appearance. This is in addition to increased psychosocial stressors with ongoing careers as well as extended survivorship periods, fear of recurrence and financial burden. Having these different issues makes an already difficult cancer vendetta more challenging — not just for patients but for medical professionals.

Young women undergoing treatment for cancer remain understudied despite special needs. Very

similar issues and challenges extend to women caring and managing their partner's/spouse's (and/or direct family member's) diagnosis and treatment too. As a result, if you're unable to be proactive, extremely vigilant and advocate your rights, things get missed and people fall through the cracks of the system. While the Canberra region has numerous growing support groups and resources there are still significant gaps in the support/assistance and awareness for younger woman managing less common forms of cancer — lymphomas, ovarian/cervix, colorectal, melanoma, sarcoma - just to name a few! The **Younger Women's Cancer Support Group ACT & Surrounding Region (YWCSG)** was created to support these women: to ask questions, vent, socialise and support each other, raising awareness of these challenges, standing up to make a difference and ultimately close up the gaps. Join at: www.ywcsq.com
[ywcsq.act@gmail](mailto:ywcsq.act@gmail.com) www.facebook.com/ywcsq
www.linkedin.com/company/ywcsq

Beth LeFerve, Founder



RETREAT 2023

[Casting for Recovery](http://www.castingforrecovery.org.au/), a program run by the ACT Fly Fishing Club for women who have had breast cancer at any time in their lives.
<http://www.castingforrecovery.org.au/>

[Abridge | Stay on Top of Your Health](https://www.abridge.com/)
<https://www.abridge.com/> Learn how people have made Abridge a part of their health journey. · 'It kept my mind focused on my appointments.'

[Why are my lymph nodes swollen and sore after a Pfizer or Moderna COVID booster vaccine?](https://www.abc.net.au/news/science/2022-01-17/lymph-nodes-swollen-sore-covid-booster-immune-system-mrna/100754318) ABC News

<https://www.abc.net.au/news/science/2022-01-17/lymph-nodes-swollen-sore-covid-booster-immune-system-mrna/100754318>

Mammographic density
<https://www.bcna.org.au/news/2017/09/mammographic-density/>

[News](#)

BCNA NEWS 25 MAY 2022

[Election result](#)

BCNA NEWS 28 APR 2022

[Statement](#)

BCNA NEWS 11 APR 2022

[Calling for change](#)

LATEST RESEARCH 29 MAR 2022

[Trodelvy approved for PBS](#)

BCNA NEWS 24 MAR 2022

[BCNA Launches information for First Peoples](#)

BCNA NEWS 21 MAR 2022

[BCNA launches LGBTIQ+ resources](#)

BCNA NEWS 1 MAR 2022

[Let's work together to create change](#)

[Donate through your medications](#)

For Tax Benefits Medicines donates 50 per cent of its profits to BCNA.

<https://www.bcna.org.au/get-involved/donate-through-your-medications/>



Tips from Kellie Toohey

Exercise Physiologist for Cancer Council ACT's ENRICHing Survivorship Program

If you are interested in future ENRICHing Survivorship programs, register your interest at

<https://bit.ly/ENRICHingsurvivorship>

[Cancer Council ACT](#) Unit 1 (The Annex), 173 Strickland Crescent DEAKIN ACT 2600 <http://www.actcancer.org/>

30 June Sexuality, intimacy and cancer Zoom 6-7pm

<https://events.humanitix.com/sexuality-and-cancer>

[BreastScreen ACT](#) is part of a national population breast screening program aimed at reducing deaths from breast cancer through early detection. The Program provides **free screening and follow up services to ACT resident women from the age of 40 years.**

Please spread the word that BreastScreen ACT has appointments available for the digital mammography service in **Belconnen, Civic or Woden**. The service screens women from 40 if higher risk, else the service **target women from 50–74. Women more than 74 years of age are welcome too.**

Statistics show that **only 57% of women, aged 50-74 year old**, take up the free mammograms in the ACT.

[Otis Foundation](#)

Creekside is a luxury chalet situated in the picturesque Thredbo Village. *Creekside* is available to people who are newly diagnosed or who have undergone active treatment for breast cancer in the 12 months prior to their stay. To enquire about a booking at *Creekside* or another retreat www.otisfoundation.org.au or call 03 5444 1185

Elsbeth Humphries

HeadsUp Kippax Inc.

2/12-16 Hardwick Cres. Holt ACT 2615

Open 10am-4pm Tuesday-Friday

HeadsUp provides a service for women who have total or partial hair loss. We sell wigs, hats, scarves and other headwear. Appointments are preferred so that we can provide individual attention in a safe environment.

Shop instore or online at www.headsup.net.au

For assistance call Sue Owen 02 6254 4403

[Lymphedonna](http://www.lymphedonna.com.au/faqs/)

<http://www.lymphedonna.com.au/faqs/>

lymphedonna@positivemotion.com.au

Positive Motion Physiotherapy

2/61 Dundas Court, Phillip ACT 2606 0414 809 994

[Rare Cancer Australia](http://www.rarecancer.org.au)

Rare Cancers Australia calls for equality with clear message: Cancer is Cancer.

Jean Hailes Foundation <http://www.jeanhailes.org.au/>

[Brain Tumour Alliance Australia Inc.](http://www.btaa.org.au)

www.btaa.org.au



Bosom Buddies ACT Inc.

Throughout the year, Bosom Buddies hold regular morning teas, after work drinks, Young Women's Group and a variety of social events and outings. These get-togethers provide the perfect environment to meet other members, build networks and catch up with old friends! Bosom Buddies also runs information sessions where you can receive information about the support services and activities that are available across the ACT and surrounding region. Information on exercise, dental care, first aid, nutrition, fertility, genetics, sexuality and reconstruction. www.bosombuddies.org.au or <https://www.facebook.com/bosombuddiescanberra>

Bosom Buddies can connect you with a Support Team member who will listen to your concerns, answer questions and share their own experiences. For more information call **0406 376 500**.

Kerrie Griffin

Consumer Representative

Seat at the Table (SATT) Program, BCNA



Calendar of events

Dates and events may change – please check <http://www.dbact.com.au/events>

Month	Date(s)	Event	Location	Notes
June	Sunday 26	GoAnna's Gathering presentation (10.45am-12.30pm) and lunch (12.45-3pm)	Ainslie Football Club	TeamApp RSVP
July	Sunday 3	Swim and Water Safety Assessment	CISAC, Belconnen	TeamApp RSVP
	Saturday 9	Pinkscapades	Grevillea Park	TeamApp RSVP
August	Sunday 7	DB ACT Annual General Meeting	TBC	TeamApp RSVP

October 	Saturday, 8 & Sunday 9	DAA National Paddle Daze	Grevillea Park	TeamApp RSVP
	Sunday 29	DA Canberra Social and Corporate Regatta BCNA Mini Field of Women	Grevillea Park	TeamApp RSVP Volunteers required!
December	Saturday 3	IDBV Pink Paddle Power Regatta, Yarra River	Melbourne	TeamApp RSVP
2023 April	Monday 10 - Sunday 16	IBCPC International Breast Cancer Paddlers Commission Festival Lake Karapiro, Cambridge, https://www.newzealandbcs2022.com/	Lake Karapiro, Cambridge, Waikato, New Zealand	News bulletins IBPCP Festival 2022 Bulletin #8

Dragons Abreast Australia — Mission statement

<http://www.dragonsabreast.com.au/>

Encourage wellness, fitness, fun and camaraderie for breast cancer survivors through the sport of dragon boating and promote breast cancer awareness throughout our community.

Keeping the spirit alive!

Next issue of the DA Canberra newsletter — September 2022

Thank you to all members who have contributed to this issue.

Please submit any news, items and images by **6 September 2022** to the newsletter coordinator

Kerrie.griffin22@gmail.com

[Previous newsletters](#)



Megan Dennis 13 April 2022 Image: Kerrie Griffin



Deb Whitfield sweeping, Susan Roraff with swan farewell paddle 23 April 2022 Image: Susan Pitt